



AGING TODAY

If I could go back in time



By Bob Roth, Managing Partner of Cypress HomeCare Solutions

The time traveling adventure, Back to the Future, is one of my personal all-time favorites. A familiar chorus in the Roth household is, "Roads, where we're goin' we don't need roads." Honestly, these days with more time to ponder, I have definitely jumped into my imaginary DeLorean.

As the hero in my own pandemic adventure movie, I would change the messaging regarding masks and make the communal senior living facilities top priority. Can you picture Doc Brown pressing, "Bobby, the kids, we gotta get to the kids and save the grandparents."

Starring in your own action movie, doesn't seem like such a far reach when the current global events unfold like a medical science fiction movie. Michael Crichton could not have scripted this any better. Imagine, in order to preserve masks for the health care community, the dictate is no masks required unless you are COVID positive or symptomatic.

And then it becomes crystal clear that this virus is spreading, not only by coughs or sneezes, but by gossip between neighbors, cheering for your favorite team, singing at choir practice, flirting at bars, or digging out the last rep at the gym. Literally, our communication is how this virus is transmitted, even if you don't feel sick. And to cloud the clinical picture further, you may never feel sick while you are spreading "the love" everywhere your breath and voice can take you.

Enter Doc Brown and Bobby, "Doc, tell all public health officials it is imperative that they retain control of the mask dictates as it is quite likely they will change. Don't let this issue become political because the virus doesn't have a voter registration card." The antagonist is the virus, not the messenger and when (not if) the message changes we are united in a common goal to contain and eradicate the enemy.

Scene II: opens with President Michael Douglas presiding over a Zoom Meeting (you may recall he was the President in the movie "The American President," he was good and so Presidential) with all the State's Governors. His message is delivered with composure and an unwavering determination to serve our greatest generation. Our federal government has elevated all communal senior living facilities to a status equal to hospitals. By doing so they will be prioritized to receive PPE (personal protective equipment), tests, and infection control education. President Douglas closes the scene with a poignant message, "My father, of blessed memory, is at peace knowing that I have protected all the Bubbies and Zaydes."

Scene III: State's Governor's addressing bipartisan representatives in the 18-35 age demographic. Their message, "You must take this virus seriously. It will require patience and diligence. When possible maintain physical distance, stay at home and exercise good hand hygiene. Wearing your face coverings will convey your commitment to those who have sacrificed for you."

Collectively we are all warriors against a new challenge for our species. When everyone wears a mask, we show humanity by protecting humanity, the dual definition of this word highlights this concept. You are not invincible, and your actions have consequences both intended and unintended.

Doc Brown is invited to speak and his final words to the kids are "Your future hasn't been written yet. No one's has. Your future is whatever you make it. So, make it a good one." Actual quote from Back to the Future Part III.



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